**Eight Geographic Regions of the United States**

The continent of North America is divided into eight geographic regions. Each of these regions has unique characteristics.

**Coastal Plain #6** (Atlantic Plain)**:**The Coastal Plain of North America is located along the Atlantic Ocean and the Gulf of Mexico.  The land of this region consists of broad lowlands that provide many excellent harbors.  These busy harbors connect North America with the rest of the world. 

**Appalachian Highlands #2:**The Appalachian Highlands are located west of the Coastal Plain and stretch from eastern Canada to western Alabama. The Piedmont region of Virginia is a part of the Appalachian Highlands.  The land of this region consists of old, eroded mountains that make up the oldest mountain range in North America.

**Canadian Shield #1** (Lauretian Uplands)**:**The Canadian Shield wraps around the Hudson Bay. This region is shaped like a giant horseshoe and is made up of hills worn down by erosion and hundreds of lakes carved by glaciers.  

**Interior Lowlands #8** (Interior Highlands)**:**The Interior Lowlands is located west of the Appalachian Mountains and east of the Great Plains.  The land of this region consists of rolling flatlands with many rivers, broad river valleys, and grass covered hills.

**Great Plains #4** (Interior Plains)**:**The Great Plains is located west of the Interior Lowlands and east of the Rocky Mountains.  This region is covered by vast, flat grasslands that gradually rise toward the mountain range located in the next region called the Rocky Mountains.

**Rocky Mountains #3** (Rocky Mountain System)**:**The Rocky Mountain region is located west of the Great Plains and east of the Basin and Range.  This land consists of rugged mountains at high elevations that stretch from Alaska almost to Mexico.  It also contains the Continental Divide.  The Continental Divide is an imaginary line that runs from north to south along the peaks of the Rocky Mountains. It determines the directional flow of rivers. 

**Basin and Range #7** (Intermontain Plateaus)**:**The Basin and Range region is located west of the Rocky Mountains and east of the Sierra Nevadas and Cascades.  The land found in this region is located at different elevations and contains isolated mountain ranges and the lowest point in North America called Death Valley.  

**Coastal Range #5** (Pacific Mountain System)**:**The Coastal Range is located along the Pacific Ocean. It is made up of rugged mountains that stretch from California to Canada and fertile valleys.